WHAT IS CLAIMED IS:

1. An exercising device, comprising a main body, two handles, a support rod, a resting board, a connecting lever, and a rotation body, wherein:

the main body includes two casings, a slide, and an elastic member;

each of the two casings of the main body has an inside formed with an axially extended slide channel;

the slide of the main body is mounted between the two casings and movably mounted in the slide channel of each of the two casings;

the elastic member of the main body is mounted between the two casings and received in the slide channel of each of the two casings, the elastic member of the main body has a first end urged on the slide and a second end urged on the two casings;

each of the two handles is mounted on the main body;

the support rod is movably mounted in the slide channel of the main body and has a first end secured on the slide of the main body;

the resting board is mounted on the support rod;

the connecting lever is mounted on the main body; and

the rotation body includes a pivot ring secured on the connecting lever, a first disk rotatably mounted on the pivot ring, a second disk rotatably mounted on the pivot ring and combined with the first disk so that the pivot ring is located between the first disk and the second disk, and a counterweight mounted between the first disk and the second disk to rotate therewith.

2. The exercising device in accordance with claim 1, wherein the first disk of the rotation body is formed with an eccentrically arranged semi-spherical first protruding portion formed with a mounting hole mounted on the pivot ring, the first disk of the rotation body has an inside formed with a first slideway connected to the first protruding portion, the second disk of the rotation body is formed with an eccentrically arranged semi-spherical second protruding portion aligning with the first protruding portion of the first disk, the second disk of the rotation body has an inside formed with a second slideway connected to the second protruding portion and communicating with the first slideway of the first disk, and the counterweight of the rotation body is movably mounted in the first slideway of the first disk and the second slideway of the second disk.

3. The exercising device in accordance with claim 2, wherein the pivot ring of the rotation body has a semi-spherical portion rested on the first protruding portion of the first disk and having a periphery formed with an annular flange.

4. The exercising device in accordance with claim 2, wherein the second disk of the rotation body has a surface formed with an elongated guide slot communicating with the second slideway, the counterweight of the rotation body is formed with a screw bore, and the rotation body further includes a threaded rod slidably mounted in the guide slot of the second disk and screwed into the screw bore of the counterweight.

5. The exercising device in accordance with claim 1, wherein the rotation body further includes a connecting ring rotatably mounted on the pivot ring and having an inner wall formed with an annular toothed groove, and a generator mounted on a bottom of the connecting ring and having a center provided with a gear meshing with and rotated by the toothed groove of the connecting ring.

6. The exercising device in accordance with claim 5, wherein the rotation body further includes a sound emitter mounted on the second protruding portion of the second disk and connected to the generator by two electric wires.

7. The exercising device in accordance with claim 6, wherein the rotation body further includes a plurality of light emitting diodes connected to the sound emitter by the two electric wires.

8. The exercising device in accordance with claim 6, wherein the second protruding portion of the second disk is formed with a receiving chamber for mounting the sound emitter.

9. The exercising device in accordance with claim 8, wherein the receiving chamber has a bottom formed with a plurality of through holes.

10. The exercising device in accordance with claim 1, wherein the main body further includes an electronic counter mounted on one of the two casings and located adjacent to the slide channel, a sensing counter mounted on the other one of the two casings, and the rotation body further includes a

sensing magnet mounted on the first disk, and the sensing magnet of the rotation body is movable to align with the sensing counter of the main body to produce an intermittent magnetic signal which is transmitted to the electronic counter of the main body to indicate a rotation number of the rotation body.

11. The exercising device in accordance with claim 1, wherein each of the two casings of the main body has a periphery formed with two opposite mounting recesses, and each of the two handles includes a mounting section locked in a respective one of the two mounting recesses of each of the two casings, and an operation section adjustably mounted on the mounting section by an elastic snapping member.

12. The exercising device in accordance with claim 1, wherein the first end of the support rod is flattened, and the slide of the main body is formed with a flattened locking recess for mounting the flattened first end of the support rod.

13. The exercising device in accordance with claim 1, wherein the support rod has a periphery formed with a limit channel, and the main body further includes a threaded limit member screwed onto one of the two casings and extended into the limit channel of the support rod to prevent the support rod from being rotated relative to the main body.

14. The exercising device in accordance with claim 1, wherein the resting board has a side formed with a protruding mounting lug mounted on a second end of the support rod.

15. The exercising device in accordance with claim 14, wherein the second end of the support rod is flattened, and the mounting lug of the resting board is formed with a flattened locking recess for mounting the flattened second end of the support rod, thereby preventing the resting board from being rotated relative to the support rod.

16. The exercising device in accordance with claim 1, wherein the connecting lever is substantially inverted L-shaped.

17. The exercising device in accordance with claim 1, wherein the connecting lever is substantially T-shaped.

18. The exercising device in accordance with claim 1, wherein the slide channel of each of the two casings has a first end formed with a first receiving recess and a second end formed with a second receiving recess, the connecting lever has a first section secured in the second receiving recess of each of the two casings, and the pivot ring of the rotation body is secured on a second section of the connecting lever.

19. The exercising device in accordance with claim 1, wherein the two casings of the main body are combined with each other.

20. The exercising device in accordance with claim 1, wherein the resting board has an arcuate shape